

Children With Mild Mental Retardation Interest in Sports and Health Activities

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Abstract— This study aimed to find out how much interest the children with special needs (ABK) mild mental retardation to sports health activities in SDLB Jaya Putra Malang. In research this do researchers a descriptive, form non test instruments shaped questionnaire, then do analysis form technique descriptive statistics. Conclusion this research data from the results obtained, it can be noted that the interest of mild mental retardation towards sports activities in health SDLB Putra Jaya categorized well because it has the total percentage of 94.15% and can be drawn the conclusion that ABK mild mental retardation is very interested in doing health sports activities conducted in SDLB Jaya Putra Malang.

Keywords— *interest, the children with special needs (ABK) mild mental retardation, sports health*

I. INTRODUCTION

Children with special needs (ABK) have limitations in many ways compared to normal children. Limitations of children with special needs (ABK) such as; visual impairment (visual impairment), hearing impairment (hearing impairment), speech impairment (speech impairment), and limb limitations (disability). Although children with special needs (ABK) have limitations or disadvantages, children with special needs (ABK) have the potential to be developed, such as blind children who cannot see, but can still develop the ability to speak (voice) in singing. "They like children in general, have the right to receive educational services according to their needs, have obstacles but they still have the potential to be developed in accordance with the capacity owned by them according to their needs" [1]. To develop the potential of children with special needs (ABK), based on the 1945 Constitution [2] article 31 paragraph 1 about every citizen entitled to education. The state has the right to provide an appropriate and special education place for children with special needs (ABK), such as SDLB Putra Jaya Malang, which accept children with special needs (ABK).

Based on observations that have been made, SDLB Putra Jaya Malang in 2017 received a total of twenty-two mentally retarded children, five children who are deaf, one child with disabilities, and ten children with autism. Classification of children with special needs (ABK) mentally disabled according to the intelligence scale Wechler: Light Developmental Disabilities (debil), Moderate Developmental

Disabilities (imbesil), Severe Developmental Disabilities, Severe Developmental Disabilities children are often called idiots. In this study the author wants to explore about mild retardation children. "Mild retarded children or capable students, namely children who have the ability to develop in the academic, social, and work abilities while the IQ range of mild retarded children has 69-50 [1]". Although children with disabilities (ABK) mild mental retardation have limitations and disadvantages, children with special needs (ABK) mild mental retardation are required to perform movements (physical activities) such as sports that are useful for maintaining a healthy body. Sports is an individual or group that performs movements consciously and physiologically (useful and safe). "The movements of the entire body system in addition to acting out its functions, also to maintain life with fluctuations in the ability of each body cell. For this reason, sport is a mechanism for extending the ability to live " [3].

Sports are divided into achievement sports and health sports. Achievement sports are done with an intensity that can reach 100% of the heart rate, while sports health intensity can reach between 65-70% heart rate. For children with special needs (ABK) mild mental retardation suitable sports are health sports. According to Giriwijoyo & Sidik [4] about health sports explained as follows.

Health sports are sports to maintain and / or to improve the degree of dynamic health, so that people are not only healthy when stationary (healthy static) but also healthy and have the ability to move that can support every activity in their daily life (healthy dynamic) that is routine, as well as for recreational purposes and / or coping with emergencies.

Health sports can be carried out by doing sports such as aerobics, jogging and yoga. "Learning by applying motion and rhythm for mentally retarded children can improve the ability of hand movements"[5]. Sports performed by mentally retarded children will provide the potential or improvement in terms of communication, interaction, adjustment, and health. Related to the increase in mentally retarded children, Wati [6] concludes as follows.

Outbound management training (OMT) is effective in increasing the ability to adapt to retarded children currently in the Rembang Extraordinary School. This can be seen by the increasing aspects of adjustment, that is, personal adjustment

and social adjustment shown by mentally retarded children after being given treatment, among others can make adjustments personally and socially.

From some of the references above it can be seen that health sports can respond and enhance the abilities (potential) of children with intellectual disabilities. Based on what has been explained above, the researcher would like to examine further about sports health carried out by children with special needs (ABK) mentally disabled in SDLB Putra Jaya Malang. However, researchers are more focused on research related to children with special needs (ABK) mild mental retardation in SDLB Putra Jaya Malang due to limitations in terms of research. So that researchers want to research, write and conduct a survey about the participation of children with special needs (ABK) mild mental retardation in SDLB Putra Jaya Malang with the title "Interest of Children with Special Needs (ABK) Mild Developmental Disability Against Health Sports Activities in SDLB Putra Jaya Malang".

Children with Special Needs (ABK) Mild Developmental Disabilities

Apriyanto[1] describes children with mild mental retardation or students who are able to educate, namely children who have the ability to develop academically, socially, and also the ability to work while for the IQ range of mentally retarded children have an IQ of 69-50. Mild retarded children are said to be able to educate because mild mentally retarded children are able to develop in the academic field with an IQ range of 69-50 and be able to develop in the social field.

For children with special needs (ABK) mental retardation there are three characteristics among them are general characteristics, special characteristics and characteristics or characteristics during development. Where every person must have almost the same characteristics despite their differences. Characteristics are special characteristics in accordance with certain dispositions. Likewise, children with special needs (ABK) each category of children with special needs (ABK) has different characteristics. From the difference of children with special needs (ABK), it can be seen that the way to educate, teach, and increase their potential will be different. Children with special needs (ABK) need special treatment so that their potential can be achieved according to their characteristics in each category of children with special needs (ABK).

Characteristics of mentally retarded children are broadly explained in the characteristics of children with special needs (ABK) mentally disabled specifically where the characteristics are distinguished according to the level of disability experienced. Explanation Wardani in Apriyanto [1] which explains "Special characteristics of children with special needs (ABK) mild mental retardation even though they cannot match normal children their age, they can still learn to read, write and count simple". His intelligence develops at speeds between half and three quarters the speed of a normal child and stops at a young age. They can get along and learn jobs that only require semi-skilled. In adulthood, intelligence reaches the normal age level of children 9 and 12 years.

Based on the above explanations, it can be interpreted that children with special needs (ABK) mild mental retardation are characterized by delays in thinking, delays in social activities and delays in taking action. But still has the ability to develop in the academic, social and work abilities. Characteristics of Children with Special Needs (ABK) mild mental retardation is characterized by their intelligence developing at speeds between half and three-quarters the speed of a normal child and stopping at a young age. They can get along and learn jobs that only require semi-skilled. In adulthood, intelligence reaches the normal age level of children 9 and 12 years.

Sport is very important for the body for health. Therefore, exercise is very necessary for the body rather the body to stay healthy with the help of exercise. Sports itself consists of two words, including sports and. Olah is an attempt to do something. While the body has the meaning of the body as a whole / physical, physical. So sport is trying or doing physical / physical work well. While health is a healthy body condition. Healthy itself has been explained beforehand that being healthy is physical, spiritual, and social prosperity, not only free from disease, disability or weakness. Seen in the discussion above that health sports can be concluded as follows, that health sports is an endeavor or carrying out physical / physical activities that make a healthy state of the body. Giriwijoyo & Sidik [4] explains as follows.

Health sports are sports to maintain and / or to improve the degree of dynamic health, so that people are not only healthy when stationary (healthy static) but also healthy and have the ability to move that can support every activity in their daily life (healthy dynamic) that is routine, as well as for recreational purposes and / or coping with emergencies.

Health sports carried out to maintain and improve health. To maintain and improve health is done by the concept of health sports described by Giriwijoyo & Sidik [4] as follows.

The concept of health sports is: Dense movement, stress free, short (enough 10-30 minutes without stopping), adequate, mass, easy, inexpensive, festive and physiological (beneficial and safe). Mass: the event of friendship, the event of stress enlightenment, the arena of social communication, so health sports make humans physically, mentally and socially healthy, that is wholly healthy according to the WHO healthy concept. Adequate means enough, that is enough in time (10-30 minutes without stopping) and sufficient in intensity.

The intensity of health sports is done in stages, lots of movement and stress free, which aims to nourish the body and prevent disease. Sports health is a necessity of life for all humans, including children with special needs (ABK) mild mental retardation. Children with special needs (ABK) mild mental retardation are also threatened with illness if they do not perform physical activities (such as health sports or performance sports).

An interest is a person's interest in an object, which will make a person do the object that is liked continuously and make emotions happy. Feeling happy, like and want to do an activity continuously is the basis of interest. Interest is very big influence on yourself and its activities, because by interested in something can cause / formation of attitude and

character. Affect the attitude and nature because every day will do an activity that is of interest. Will inadvertently make it a habit in its attitude and nature. According Suharyat[7] explains that "Interests contain elements consisting of cognition (knowing), emotions (feelings), and konasi (will)". The element of cognition (to know) in the sense of interest, is to understand and get information about the object to be addressed. The element of emotion (feeling), in the sense of interest is, interest in an object that is done, because in doing an activity will cause an emotional element, such as: happy. The element of konasi (intention) in the sense of interest is a combination of the two previous elements, because in doing the will and the action will begin with getting to know and having a feeling of pleasure to want to do activities that attract the request. "An interest in something that can mean, that caring about something is very important, and will have (most) positive feelings about it[8]".

Based on the above explanations, it can be interpreted in sports activities that someone who already has a high interest in sports, will do sports that are in constant demand with a happy feeling when doing these activities. If you are interested in a sports activity, resulting in someone will spend time, energy and money for these activities, complete the facilities needed to be able to do activities (objects) of interest.

Broadly speaking, interest is influenced by 2 factors, namely internal factors and external factors. Sujanto in Suharyat[7] reinforces the explanation of internal and external factors as follows.

The factors classified as internal factors, namely:

- a. Motive is a condition in the person that drives individuals to carry out certain activities to achieve goals.
- b. Attitude is the tendency in the subject to accept, reject an object that is of good or bad value.
- c. The game is a problem of psychic energy that is focused on a subject increasingly intensive attention.
- d. Experience the process of introducing a real physical environment both in itself and outside him by using the sense organs.
- e. The response is the number that remains in the memory after that observation. If we look closely, we will see a difference between observation and response, even though both are related symptoms, because the response is actually the impression that remains after the individual observes the object. The response occurs after the observation, the more clearly the individual observes an object, the more positive the response.
- f. Perception is the process of remembering or identifying something, usually used in the perception of taste, if the object that we remember or that we identify is an object that affects perception, because it is a direct response to an object or stimulus.

The environment can also affect interest, because the environment has a very important role for individuals, both the physical environment associated with concrete objects and the physical environment associated with one's soul. The environment itself is divided into 2 parts, namely (1) Physical environment, which is in the form of tools such as soil conditions. (2) Social environment, which is a community

environment where this environment is the existence of individual interactions with one another. The state of society will give certain influence to individuals.

II. METHOD

Research conducted is descriptive research. Descriptive research is research that is intended to gather information about the status of an existing symptom, namely the state of symptoms according to what they were at the time the study was conducted. Descriptive research aims to find out an event or situation as it is. From the explanation above, it can be seen that this study aims to find out how the percentage of mildly retarded children with special needs (ABK) interest in health sports in SD Jaya Putra Jaya Malang The population in this study were mentally disabled students at SDLB Putra Jaya Malang.

TABLE 1 POPULATION TABLE OF PUTRA JAYA ELEMENTARY SCHOOL MALANG

No	Object's Name	Population Amount	Population Amount Kind of Dissabilities					
			A	B	C/C1	D	G	AUTIS
1	Class I	2			1			1
2	Class II	3			2			1
3	Class III	4		1				3
4	Class IV	14		3	7	1		3
5	Class V	5		1	4			
6	Class VI	10			8			2
Total		38		5	22	1		10

Source: SDLB Putra Jaya Malang

Based on the table above, the population number of the population is 22 students. Limited population numbers make researchers interested in choosing purposive sampling techniques. Purposive sampling technique is used because it determines the sample with certain considerations[9]. For children with special needs (ABK) mentally disabled SDLB Putra Jaya Malang has a level of mental retardation that is stratified (not the same) then the sample is taken according to strata, sampling is done according to the strata because it aims to make it easier for researchers to conduct research, and researchers can examine what has been learned . For this study, researchers aimed or were interested in examining children with special needs (ABK) mild physical impairment SDLB Putra Jaya Malang. The number of research samples used in this study amounted to 13 students with mild mental retardation.

In this study the instrument used was a non-test instrument in the form of a questionnaire. The assessment tools that can be used include: observation sheets (such as daily notes, portfolios, life skills) and attitude test instruments, interests, and so on. Non-test research in the form of a questionnaire includes matters related to the research objectives, namely knowing the percentage of interest in children with special needs (ABK) mild retardation of health sports activities.

Questionnaires that will be submitted / given to respondents will help collect data for researchers. According to Sugiyono[9] explained that "Questionnaire is a data collection technique that is done by giving a set of questions or written statements to respondents to answer. The questionnaire

is used to find complete information about a problem with the respondent, information can be in the form of personal data, opinions (arguments), and other information in accordance with research. The instrument trial aims to obtain the validity and reliability of the instrument. To conduct a validity test, researchers are interested in using IBM SPSS Statistics 24. IBM SPSS Statistics 24 is used to facilitate researchers in processing data. To conduct the Instrument Reliability test the researcher is interested in using IBM SPSS Statistics 24. IBM SPSS Statistics 24 is used to facilitate researchers in processing data.

A study requires data for the purposes of answering researchers' problems. Data collection techniques were carried out in two stages, namely: (1) the preparation phase, (2) the implementation phase. The activity will be carried out as follows.

Data Collection Preparation Phase: Make / compile an instrument in the form of a questionnaire or questionnaire as a data collection tool, then consulted with the supervisor. Questionnaire that has been made, justified by the validator. Managing a research permit to the institution to be addressed. **Data Collection Implementation Stage** Submit questionnaires or questionnaires to all children with special needs (ABK) mild mental retardation who are assisted by their companion at SDLB Putra Jaya Malang. Take questionnaires that have been answered or filled in by children with special needs (ABK) mild mental retardation who are assisted by their companion at SDLB Putra Jaya Malang.

After all data has been collected, the researcher enters all data in the table that has been made to make it easier to analyze, interpret and present the data.

The small number of population makes researchers interested in using data analysis techniques in the form of descriptive statistical techniques. According to Sugiyono[9] explains that "Descriptive statistics are statistics used to analyze data by describing or describing data that has been collected as it is without intending to make conclusions that apply to the public or generalization". The data in this study are assisted with a scale measurement which is then used as a percentage of interest. The measurement scale used is a Likert scale. According to Sugiyono [9] explains that "Likert scale is used to measure the attitudes, opinions, and perceptions of a person or group of people about social phenomena". From the measurement of the Likert scale used to measure attitudes, the researcher gives an assessment in accordance with the Likert scale. The answers to each question item or statement will be given a gradient (level) from positive to negative. For example: strongly agree, agree, neutral / doubtful, disagree, and strongly disagree.

Because what is being done is quantitative research, the answers above can be given a score or rating. For example: strongly agree, given a score of 5, agree, given a score of 4, neutral / doubtful, given a score of 3, disagree, given a score of 2, strongly disagree, given a score of 1,

After being given a score, researchers will change it in the form of a percentage of interest, to facilitate researchers in classifying the interests of all children with special needs

(ABK) mild retardation in SDLB Putra Jaya Malang. With the percentage formula according to Sudijono[10] as follows.

$$P = f / n \times 100\%$$

Information:

f = frequency (score obtained)

n = number of individuals

P = percentage figure

From the results of the formula above, researchers can classify interests according to their classification, which can be more clearly seen in the following table.

TABLE 2 STUDENT INTEREST CLASSIFICATION CLASSIFICATION TABLE

No	Persentase	Classification
1	81% - 100%	Very Good
2	61% - 80%	Good
3	41% - 60%	Average
4	21% - 40%	Kurang
5	<21%	Kurang Sekali

After the researcher knows the classification requested from the above table, the researcher can use the classification of interest of children with special needs (ABK) mild retardation to health sports activities in SDLB Putra Jaya Malang. The results of the classification can be used as research results.

III. RESULTS

Based on the answers obtained from respondents to the questions contained in the questionnaire about the interests of children with special needs (ABK) mild retardation of health sports conducted at SDLB Putra Jaya Malang is the data of research results to be processed. The research instrument was in the form of a questionnaire that had been validated by the justifier. The data obtained by researchers in the form of questionnaires from respondents, researchers analyzed with descriptive statistical analysis of percentages.

The percentage of results obtained by researchers is elaborated in a quantitative manner, although assisted with a qualitative nature to make it easier to describe the results and understand in classifying the interests obtained by researchers from the questionnaire answered by respondents with special needs children (ABK) mild retardation SDLB Putra Jaya. The data obtained by researchers about the interests of children with special needs (ABK) mild mental retardation to health sports in SDLB Putra Jaya are influenced by several aspects or sub-variables which include attention, willingness, and pleasure. Of the three sub-variables the researcher will describe the data through presentation and analysis of data.

Research data obtained from respondents' answers about the interests of children with special needs (ABK) mild retardation to health sports in SDLB Putra Jaya. Research data obtained from respondents are the results of questionnaire research that will be processed by analyzing in sub-variables contained in the questionnaire.

Judging from the questionnaire instruments, it can be seen that the results of the data contained in the sub-variable (attention) Children with Special Needs (ABK) Mild

Developmental Disabilities Against Health Sports in SDLB Putra Jaya Malang. Then the results of the data can be explained as follows.

TABLE 3 DATA TABLE SUB VARIABLE ATTENTION CHILDREN WITH SPECIAL NEEDS (ABK) MILD DEVELOPMENTAL DISABILITY AGAINST HEALTH SPORTS IN PUTRA JAYA ELEMENTARY SCHOOL MALANG.

No	Butir Instrumen	Skor Max	TSEV	Persentase
1	1	65	61	94%
2	2	65	61	94%
Rata-Rata Indikator Pemahaman			61	94%
3	3	65	62	95%
Rata-Rata Indikator Keaktifan			62	95%
4	4	65	62	95%
5	5	65	62	95%
Rata-Rata Indikator Konsentrasi			62	95%
Jumlah			308	94.77%

Information:
 Max Score: Maximum Score
 TSEV: Total Empirical Validator Score

Based on the above table, it can be seen that the interest in sub-variables (attention) of children with special needs (ABK) mild retardation of health sports in SD Jaya Jaya Elementary School, the percentage results showed 94.77%.

Judging from the questionnaire instruments, it can be seen that the results of the data contained in the sub-variable (willingness) Children with Special Needs (ABK) Mild Developmental Education Against Health Sports in SDLB Putra Jaya Malang. Then the results of the data can be explained as follows.

TABLE 4 DATA TABLE SUB VARIABLE WILL OF CHILDREN WITH SPECIAL NEEDS (ABK) MILD DEVELOPMENTAL DISABILITY AGAINST HEALTH SPORTS IN PUTRA JAYA ELEMENTARY SCHOOL MALANG.

No	Butir Instrumen	Skor Max	TSEV	Persentase
6	6	65	60	92%
7	7	65	63	97%
Rata-Rata Indikator Kebutuhan			61.5	95%
Jumlah			123	94.62%

Information:
 Max Score: Maximum Score

TSEV: TOTAL EMPIRICAL VALIDATOR SCORE

Based on the table above, it can be seen that the interest in sub-variables (willingness) of children with special needs (ABK) mild retardation of health sports in SD Jaya Jaya Putra Malang, the percentage results showed 94.62%.

Judging from the questionnaire instruments, it can be seen that the results of the data contained in the sub-variable (Pleasure) Children with Special Needs (ABK) Mild Developmental Disability Against Health Sports in SDLB Putra Jaya Malang. Then the results of the data can be explained as follows.

TABLE 5 DATA TABLE SUB VARIABLE PLEASURE OF CHILDREN WITH SPECIAL NEEDS (ABK) MILD DEVELOPMENTAL DISABILITY TO SPORTS HEALTH IN SDLB PUTRA JAYA MALANG

No	Butir Instrumen	Skor Max	TSEV	Persentase
8	8	65	58	89%
9	9	65	60	92%
Rata-Rata Indikator Ketertarikan			59	91%
10	10	65	63	97%
Rata-Rata Indikator Rasa Suka			63	97%
Jumlah			181	92.82%

Information:
 Max Score: Maximum Score
 TSEV: Total Empirical Validator Score

Based on the table above, it can be seen that the interest in the sub-variable (pleasure) of children with special needs (ABK) mild retardation of health sports in SDLB Putra Jaya Malang, the percentage results showed 92.82%.

TABLE 6 OVERALL DATA TABLE VARIABLE INTEREST OF CHILDREN WITH SPECIAL NEEDS (ABK) MILD DEVELOPMENTAL DISABILITY AGAINST SPORTS HEALTH IN SDLB PUTRA JAYA MALANG

No	Sub Variabel	Skor Max	TSEV	Persentase
1	Perhatian	325	308	94.77%
2	Kemauan	130	123	94.62%
3	Kesenangan	195	181	92.82%
Jumlah		650	612	94.15%

Information:
 Max Score: Maximum Score
 TSEV: Total Empirical Validator Score

Based on the above table it can be seen that the results of the percentage of interest in the sub-variable (attention) of children with special needs (ABK) mild retardation to health sports in SDLB Putra Jaya Malang showed 94.77%. The results of the percentage of interest in sub-variables (willingness) of children with special needs (ABK) mild retardation of health sports in SDLB Putra Jaya Malang showed 94.62%. The results of the percentage of interest in the sub-variable (pleasure) of children with special needs (ABK) mild mental retardation of health sports in SDLB Putra Jaya Malang showed 92.82%. After all sub-variable percentage results are known, it can then be taken as a percentage of all variables contained in the following figure, as in:



Figure 1. Histogram Picture of Interest Data for Children with Special Needs (ABK) Mild Developmental Education for Health Sports Activities in SDLB Putra Jaya Malang

Based on the picture above it can be seen that the percentage of the results of all interest data of children with special needs (ABK) mild mental retardation towards health sports activities in SDLB Putra Jaya Malang is 94.15%.

IV. DISCUSSION

Based on the formulation of the problem of how much the percentage of asking children with special needs (ABK) mild mental retardation of health sports activities in SDLB Putra Jaya Malang. Interest is influenced by internal and external factors. But in this study, researchers focused on internal factors that affect the interests of children with special needs (ABK) to health sports activities.

This research is also supported by previous research, namely research conducted by Ariyaningsih[11] which proves that children have a high interest in the soccer takraw sport in Welahan Subdistrict in Jepara Regency in 2012 Based on the results of the data obtained during the study, internal factors are broken down into several sub-variables including (1) attention, (2) willpower, and (3) pleasure.

Data obtained from the study of children with special needs (ABK) mild retardation SDLB Putra Jaya Malang about sub-variable attention has a percentage of 94.77% which is included in the category of "Very Good". This can be seen when health sports activities, students have the motivation to pay attention to any instructions and movements of gymnastics. "Attention to sports is one of the factors that influence interest in exercising"[11]. The students were very enthusiastic and actively participated in the gymnastic movements that were carried out during the research at SDLB Putra Jaya. Children with special needs (ABK) mild mental retardation are very enthusiastic to follow the movements contained on the LCD screen that has been provided by the school and follow the movements exhibited by the teaching teachers. Children with special needs (ABK) mild mental retardation are very concerned about all the movements displayed and try to follow the movements properly and correctly. Antusis is also seen when children with special needs (ABK) mild mental retardation are already in place or have prepared themselves to participate in activities before gymnastics begins.

Children with special needs (ABK) mild mental retardation who have high enthusiasm in the activities carried out at SDLB Putra Jaya cause children to be able to pay attention to an object seriously so that they can do activities correctly and appropriately. Stoate & Wulf[12] explains that "one's attention can affect the performance of physical skills, which results in more effective and efficient movements". Health sports activities carried out by the school are expected to increase the attention of children with special needs (ABK) mild mental retardation every year in the future. Attention is that an object is divided into several indicators, including; (a) Understanding, (b) Activity, and (c) Concentration.

From the data obtained by researchers when researching at SDLB Putra Jaya Malang, it can be seen that a large percentage of children with special needs (ABK) mild mental retardation to participate in health sports activities amounted to 94.62% which is included in the "Very Good" category. This can be known when children with special needs (ABK) mild mental retardation follow health sports activities, especially gymnastics when researchers take data. Seen children with special needs (ABK) mild mental retardation pay attention to the movements that are exhibited properly in the monitor as well as teachers who demonstrate the exercise movements. children with special needs (ABK) mild mental retardation participate in health sports activities very routinely. Because schools do health sports activities in a structured and well-structured way so that children with special needs (ABK) mild mental retardation want to participate in activities carried out by schools.

Sports activities are carried out every Thursday morning, even though sports activities are only done once a week. But there was a great deal of enthusiasm from children with special needs (ABK) mild mental retardation, who before health sports activities, were prepared on the spot to wait for sports activities to be carried out. Kiswanto[13] explains that "Having a very large will makes you not easily satisfied and tries to do something better, a greater willingness also overcomes boredom and boredom in sports" Because sports activities carried out are very beneficial for the body, It is expected that the health sports carried out by SDLB Putra Jaya can still be even better, so that children with special needs (ABK) mild mental retardation who participate in health sports activities increasingly want and have a greater willingness to participate in sports activities. In terms of willingness to participate in health sports activities there is an indicator, namely needs.

It can be seen from the researchers' data that the pleasure felt by children with special needs (ABK) mild mental retardation is 92.82% which is included in the category of "Very Good". An activity that is often done and has benefits for each individual will cause a sense of pleasure in him to participate in activities that he likes continuously. "Activities carried out with pleasure, make interest to participate in an activity better and increase"[14]. It is known from the data that has been taken that children with special needs (ABK) mild mental retardation have a high sense of pleasure towards health sports conducted by SDLB Putra Jaya. To support a health sports activity, happiness becomes something that must be possessed by children with special needs (ABK) mild

mental retardation, in order to be able to do health sports activities very well and correctly. If children with special needs (ABK) mild mental retardation do not feel happy with the sports activities carried out, then children with special needs (ABK) mild mental retardation will follow the activity as is and not try to do it properly.

Therefore, children with special needs (ABK) mild mental retardation must have a sense of pleasure in doing sports activities carried out at school, by doing health sports activities with great pleasure, it will indirectly make children with special needs (ABK) mild mental retardation perform movements correctly and beneficially for his own body. Because they feel happy with the activities carried out, children with special needs (ABK) mild mental retardation do health sports activities without coercion from any party. Because they want to do activities they like. In terms of pleasure, there are several indicators in the form of (1) Interest, and (2) Liked.

V. CONCLUSIONS

Based on the results of data retrieval of interests of children with special needs (ABK) mild mental retardation to health sports activities in SDLB Putra Jaya is categorized very well because it has a total percentage of 94.15% and it can be concluded that children with special needs (ABK) mild mental retardation are very interested in doing health sports activities carried out at SDLB Putra Jaya Malang.

VI. SUGGESTIONS

From the results of research data obtained by researchers, then there are a number of suggestions submitted as follows:

1. There needs to be adequate infrastructure at SDLB Putra Jaya to conduct health sports activities, so that children with special needs (ABK) mentally disabled can do activities very well and reduce the risk of injury.
2. There is a need to improve facilities such as the provision of LCD projectors with appropriate and appropriate placement, so that children with special needs (ABK)

mentally disabled can see clearly, and carry out activities very well, and are more beneficial for health.

3. This study also aims to be used as a reference or reference for other researchers in working on or developing further research.

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